



## Cranberry-Texas Red Grapefruit Relish

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



177 kcal

SIDE DISH

### Ingredients

- 0.5 cup cane sugar pure plus more if needed
- 2 tablespoons canola oil
- 1 pound cranberries fresh
- 2 tablespoons ginger fresh finely grated
- 8 servings parsley fresh chopped
- 1 cup texas grapefruit juice fresh red
- 2 texas grapefruits red
- 1 cup orange juice fresh

- 2 teaspoons orange zest finely grated
- 1 small onion diced red finely
- 8 servings salt and pepper black freshly ground

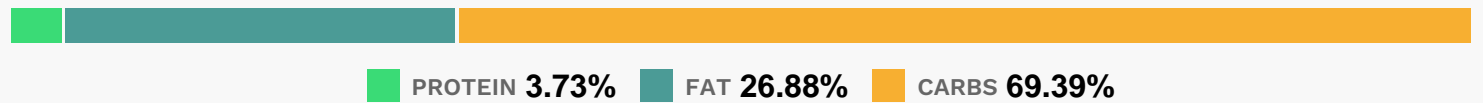
## Equipment

- bowl
- sauce pan

## Directions

- Heat the oil in a medium saucepan over medium heat.
- Add the ginger and onions and cook until soft, about 5 minutes.
- Add the grapefruit and orange juices and sugar and bring to a boil. Cook until the sugar has melted and the mixture reduces slightly.
- Stir in half of the cranberries and cook, stirring occasionally, until the berries pop and break down and the mixture begins to thicken.
- Add the remaining cranberries and cook just until the berries pop, about 5 minutes more.
- Remove from the heat, stir in the orange zest and grapefruit segments and season lightly with salt and pepper.
- Transfer to a bowl, stir in the parsley and serve at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:40.14, Glycemic Load:14.45, Inflammation Score:-6, Nutrition Score:8.8995652561602%

## Flavonoids

Cyanidin: 26.33mg, Cyanidin: 26.33mg, Cyanidin: 26.33mg, Cyanidin: 26.33mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 27.87mg, Peonidin: 27.87mg, Peonidin: 27.87mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin:

0.42mg Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 4.37mg, Myricetin: 4.37mg, Myricetin: 4.37mg, Myricetin: 4.37mg Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg

## Nutrients (% of daily need)

Calories: 176.84kcal (8.84%), Fat: 5.52g (8.49%), Saturated Fat: 0.79g (4.91%), Carbohydrates: 32.05g (10.68%), Net Carbohydrates: 29.19g (10.61%), Sugar: 21.89g (24.32%), Cholesterol: 0mg (0%), Sodium: 57.61mg (2.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.45%), Vitamin K: 71.18µg (67.79%), Vitamin C: 38.48mg (46.64%), Manganese: 0.25mg (12.49%), Iron: 2.12mg (11.77%), Fiber: 2.86g (11.45%), Vitamin E: 1.41mg (9.42%), Vitamin A: 437.97IU (8.76%), Potassium: 207.29mg (5.92%), Folate: 19.51µg (4.88%), Magnesium: 14.17mg (3.54%), Vitamin B6: 0.07mg (3.44%), Copper: 0.06mg (3.17%), Vitamin B1: 0.05mg (3.04%), Vitamin B5: 0.3mg (2.96%), Phosphorus: 21.92mg (2.19%), Calcium: 20.64mg (2.06%), Vitamin B2: 0.03mg (1.87%), Vitamin B3: 0.36mg (1.78%), Zinc: 0.17mg (1.15%)